



The Examiner

Naval Hospital, Twentynine Palms

"Serving with Pride and Professionalism"

Volume 4, No. 1

January 1996

Spotlight On...

Staff member dramatically increases hospital readiness

By Dan Barber, Public Affairs Officer
Naval Hospital Twentynine Palms

Naval Hospital Twentynine Palms staff member, HM1 (SW) Eric Ewing, of Staff Sick Call, has gained the attention of the Navy's Surgeon General because of his efforts at increasing military readiness at the hospital.

Vice Admiral Harold M. Koenig, the Navy's Surgeon General took notice of Petty Officer Ewing's efforts by announcing it to all of Navy Medicine through e-mail, when he wrote, "At Naval Hospital Twentynine Palms HM1 Ewing is taking Navy medicine to the deckplate. This Leading Petty Officer is increasing the deployability readiness of the hospital staff by getting a cart and going office-to-office to make sure the hospital staff have their immunizations."

"At Naval Hospital Twentynine Palms HM1 Ewing is taking Navy medicine to the deckplate. This Leading Petty Officer is increasing the deployability readiness of the hospital staff by getting a cart and going office-to-office to make sure the hospital staff have their immunizations."

Ewing, an Independent Duty Corpsman, also recently earned a Gold Star in lieu of his third Navy Achievement Medal for his ef-



HM1 (SW) Eric Ewing, right, visits the hospital Multi-Service Ward to update HN Oscar Luna's immunizations.

forts. The citation reads in part, "Displaying exceptional skill and resourcefulness, he increased hospital medical readiness for immunizations, from 16 percent to 90 percent in three months."

"I started taking the shot cart to

workspaces because I felt that it would save staff members from losing time from their jobs in taking care of patients. They could come down to Staff Sick Call for their shots on their own, but I might be busy doing something

Continued on page 4.

Inpatient, Outpatient Record Offices swap at Naval Hospital to improve customer services

In an attempt to serve their customers more efficiently and effectively, the Inpatient and Outpatient Records departments at Naval Hospital Twentynine Palms will be switching loca-

tions. The two areas are designed to house health records in a safe secure manner, however the shelving units and activity levels do not coincide with each other.

Continued on page 2.

Chaplain's Corner

See page 3

Shriner's Volunteers

See page 2

Here's to your Health

See page 5

Hospital volunteers bring hope to handicapped children

On a recent early Saturday morning a group of hospital volunteers made an annual trip to Indio to bring hope and joy into the lives of many children throughout the neighboring desert communities.

This group of 24 volunteers were participating in the annual Shriners Screening Clinic. This clinic is held to determine if children are eligible for treatment at the Los Angeles unit of the Shriner's Hospital and out-patient clinics. The Shriners care for a wide variety of orthopaedic and burn scar problems, including: Scoliosis (curvature of the Spine), Club feet, Osteogenesis Imperfecta (Brittle Bone), Orthopaedic problems of Spina Bifida with Myelodysplasia (Paralysis of limbs due to faulty congenital development of the spine and spinal nerves), Cerebral Palsy, Toed-in fee, Legg-Perthes disease (Development problem of the hip hand/leg), back problems, Rickets, absent arm or leg, fractures, and bowed legs.

The Shriners Hospitals for Crippled Children were very thankful for the off duty time that the volunteers spent for the good cause of the community. They said, "This year's participation of the Navy Hospital was the best compared to recent years." HM1 Manuel Barcelona, the Senior Enlisted Advisor for the Directorate of Nursing Services

and one of the two coordinators and a volunteer for this event said, "I am glad that we had the opportunity to represent the Navy; to do community service for the city of Indio and the Shriners Organization. I know that there were a lot of Naval Hospital Twentynine Palms staff that were just waiting for this kind of opportunity to make a difference and help out in the community. The other coordinator who put this together was Ms. Julie Cerne of the Command Suite.

Those who gave up a day off to volunteer are:

LT Sarah Shulz, Pediatrics
LT Vickie Weaver, MIW

HM1 Eric Ewing, Staff Sick Call
HM3 Shirley Zulueta, Pediatrics Clinic
HN William Daugherty, Pediatrics Clinic
HN Cynthia Pantazes, OB/GYN Clinic
HN William Wilson, Family Practice Clinic
HN Claudia Alzate, Family Practice Clinic
HN Scott Fuelier, Family Practice Clinic
HN Peter Banning, Family Practice Clinic
HN Lamont Ragland, Radiology
HM3 Brian Ringgold, Labor and Delivery
HN Tammy Barbier, Labor and Delivery
HN Edwin Lard, PACU

HM1 Barcelona said, "I would like to give my sincere appreciation for all of the volunteers who came out to help."

**Season's Greetings and All the Best
Wishes for Happiness and Blessings in the
New Year.**

**Captain S. E. Hart, MC, USN
Executive Officer**

Inpatient, Outpatient Records move

Continued from page 1.

Therefore, the Outpatient Records department which has a significantly higher activity level, will utilize the shelving units that are permanently affixed for ease of access and safety reasons. On the contrary, the Inpatient Records are going to be using a movable shelving unit that will accommodate their activity levels much better.

The Outpatient Records department is currently located in the first set of clinic areas next to Mental Health, the Inpatient Records Department is located just inside the main entrance to the hospital, just beyond the quarterdeck, the second door on the left. These areas will be switched. These two areas will move during the week of December 26-29, with the 27th and 28th being the biggest move days. There are some important items for you to be aware of in the event you need to come into the facility on those days.

- **IF you have a scheduled appointment, your record will be in the clinic where your appointment is with the appropriate physician.**
- **IF you are a walk in patient or schedule a same day appointment, please report to the clinic area 15 minutes prior to your appointment and a medical records clerk will deliver your health record to the clinic.**
- **In the event you are requiring copies of your health record, you need to complete a new registration packet, or need to establish a health record, hospital records personnel ask that you consider the situation prior to making a trip to the Hospital. In case of emergencies, they will be able to offer limited services and they will be more than happy to accommodate you after the holidays.**

The Naval Hospital would like to take this opportunity to Thank You for your patience and understanding as they try to improve services for all of their customers.

The **EXAMINER** Newsletter is an authorized publication of the U.S. Naval Hospital, Twentynine Palms, CA 92278-8250. The views expressed in this publication are not necessarily those of the Department of the Navy.

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The **EXAMINER** welcomes your comments and suggestions concerning the newsletter. All comments should be forwarded to the Public Affairs Office by the 15th of each month. The Public Affairs Office telephone number is (619) 830-2362.

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The **EXAMINER** staff would like to thank all those who participated in this edition.

Happy New Year!

By LT. Samuel Ortega, Chaplain
Naval Hospital Twentynine Palms

Believe it or not, we are rapidly approaching the year 2,000 which will usher us into the 21st century. No one can stop the years from going by. Time is under God's control, and He isn't stopping His clock. As time speeds by, we need to ask ourselves, 'What have I accomplished with the time God has given me?' God tells us that we have time for everything; "To everything there is a season, and a time to every purpose under the heaven:..." (Eccl. 3:2)

'What have I accomplished with the time God has given me?' God tells us that we have time for everything; 'To everything there is a season, and a time to every purpose under the heaven:...' (Eccl. 3:2)

Have you made your New Year Resolutions for 1996? I hope you wrote them down deep in your heart. Why? Well, as we all know we have some difficulty fulfilling our resolutions. Various things cross our path and we let some of our dreams fade away into a fantasy. In order to fulfill our resolutions we must have a vision. The LORD says, "Where there is no vision, the people perish:..." (Proverbs 29:18) Usually, the pressure around us causes us to lose focus and we forget, or just give up. Can you relate to this? Most of us can.

I remember when I was back in High School, I made a New Years Resolution to fix-up a 64 Catalina Pontiac my parents gave me. Well, as time went by I began spending the money I was making by going on some ski trips and going to basketball and football games. Before I knew it, the year was over and the old car was still in the back becoming one with the weeds and earth.

My goal was no doubt distracted by other interests. My New Year Resolution should have been to become a better skier.

As we make our New Years Resolutions, I believe we should include the Lord. The Lord helps us to stay focused and gives us the courage and endurance to reach our goals. In so many words, the apostle Paul said that he could do all things through the Lord who strengthen him. Paul is a great example of this since he went through so many trials and hardships. He knew where he wanted to spread the gospel, and he did it even though many tried to silence him.

The scriptures inform us that we should seek the Kingdom of God and His righteousness first and then all the other things will fall into place. Sometimes we believe that we are right where we should be, but in reality the Lord has a much better plan for us. The scriptures say, "For I know the thoughts that I think toward you, saith the LORD, thoughts of peace, and not of evil, to give you an expected end. Then shall you call me, and you will go and pray and I will listen to you. And you will seek me, and find me, when you search for me with all your heart." (Jeremiah 29:11-13)

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It's marvelous to know that we have a God who truly loves us and cares about our future. As His followers we can have true peace by just knowing that He is directing our daily paths to the place He has appointed



LT Samuel Ortega
for us.

This New Year, I pray that you will enter it with full assurance that you can reach your goals with the aid of our Lord. He is full of knowledge and wisdom to direct your paths and keep you focused. Have a blessed New Year.

Active-Duty Family Member Inpatient Cost-Share increases

As of Oct 1, the daily amount active duty family members pay for inpatient care in civilian hospitals under CHAMPUS/TRICARE Standard and TRICARE Extra increased from \$9.50 to \$9.70.

This means that an active duty family member who is admitted to a civilian hospital for care (except mental health care) under CHAMPUS/TRICARE Standard or TRICARE Extra will pay the daily rate of \$9.70 times the number of days spent in the hospital -- or a flat fee of \$25, whichever is greater. The flat \$25 cost-sharing rate also applies to ambulatory (same-day) surgery.

This rate doesn't apply to any other category of CHAMPUS/TRICARE-eligible patients, only to active duty family members. Inpatient care for other categories of CHAMPUS beneficiaries will in most cases be cost-shared under the diagnosis-related group (DRG) payment system for CHAMPUS/TRICARE Standard and

Continued on page 7.

Thinner is best for breast

According to a spate of just-published studies on the relationship between weight gain and breast cancer, the new weight guideline advising people not to put on pounds as they age is coming out none too soon. One piece of research comparing more than 200 breast cancer patients with cancer-free women indicated that for every pound a woman gains from the late teens to age 30, her risk of breast cancer goes up more than 2 percent (assuming a woman 5 feet 4 inches tall, say, does not start out under 100 pounds or over 200). Specifically, a 10 pound gain raises breast cancer risk by 23 percent; a 15 pound gain, by 37 percent; and a 20 pound gain, by 52 percent. After age 30, breast cancer risk increases by a little more than 1 percent for each pound gained, not as dramatic an effect as when a woman gains weight in her 20s but highly significant nonetheless. Consider that according to the study results, gaining 10 pounds after 30 raises breast cancer risk by 12 percent; 15 pounds, 19 percent; and 20 pounds, 26 percent.

To come at the numbers a little differently, if a 5-foot 4-inch breast cancer patient in this study weighed 158 pounds, her cancer-free counterpart -- someone the same height and age with the same medical and childbearing histories -- weighed on the order of 144.

The good news: the researchers, working out of the H. Lee Moffitt Cancer Center and Research Institute in Tampa, Florida,

estimate a 45 percent drop in breast cancer risk for women who lose 10 pounds or more. "Weight may be the most potentially modifiable risk factor in breast cancer," they say.

A second study, which attempted to see if there are biologic differences between black and white women that could explain why blacks generally are diagnosed with larger, more advanced breast tumors than white women, also found the answer might be related to weight. The scientists, who conducted their work at New York's Mount Sinai Medical Center, consider the fact that black women often have lower socioeconomic status and lack of access to health care that would include such diagnostic procedures as regular mammograms. But, they noted, Hispanics of equivalent low socioeconomic status and limited access to health care procedures have much higher breast cancer survival rates, almost comparable to whites. Thus it's possible, they hypothesized, that black women have some physiologic difference that renders them at greater breast cancer risk.

But after comparing black and white women for everything from hormone levels to changes in DNA, they found that the biologic influences related to breast cancer are the same across the two races. The only adverse risk factor for the African-American women, in fact, was body weight. The black breast cancer patients, at an average weight of 182 pounds, weighed 26 percent more than

the white ones (145 pounds) and 21 percent more than the Hispanics (149 pounds). Ironically, the life-style factors of the black women examined by the researchers should have put them at lower risk than the white women: they were younger at the time of their first pregnancies, were pregnant more times, and were significantly younger at menopause, all of which reduce exposure to estrogen, which can encourage breast tumor development.

A third study of some 700 breast cancer patients in Iowa found that obese women had a greater extent of disease at diagnosis than thinner ones. It also found that women who ate the most fat each day were about twice as likely not to survive the disease as others. It could be, the researchers say, that too much dietary fat adversely alters the composition of tumor cells as well as hormone levels and the way genes "express" themselves.

Note: Excess weight has been hypothesized to increase levels of estrogen and thereby contribute to more aggressive tumor growth, but some researchers have also commented that obesity may make breast cancer harder to detect, which could be at least part of the reason overweight women diagnosed with the disease tend to have a more advanced form than others.

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Ewing increases hospital military readiness

Continued from page 1.

else and they would have to wait," Ewing said. "With me going to them at my convenience, it means it's less time wasted for me and them. It also increases our patients access to care because staff members have more time at their work stations providing care to the hospital's patients," he added.

In addition to taking care of staff members immunizations, Ewing has taken an innovative approach to making it easy for hospital staff to receive their required annual HIV testing, DNA sampling and periodic

physical exams. Ewing prepares, in advance, all of the lab orders on the CHCS computer system for staff members who are due for their annual medical tests. He then sends those staff members a memo stating what is required so they can then arrange their schedules to visit the hospital's lab and Staff Sick Call when the work-load permits. "This arrangement also makes my job a lot easier, because I don't have to wait in my office for someone to show up to receive their lab chits," Ewing said.

Petty Officer Ewing is also instrumental

in updating the hospital PPD convertor program, ensuring that staff members who test positive on a TB test receives proper follow-up treatment.

In his medal citation, Captain Chitwood, Commanding Officer, Naval Hospital Twentynine Palms wrote, "His willingness to truly take medicine to the deckplates has been an inspiration to others and has markedly enhanced medical readiness and the accomplishment of the command's mission.

Born and raised in Omaha, Nebraska, Petty Officer Ewing has been in the Navy for 11 years.

Here's To Your Health...

The Holidays Are Gone

All that is left is a dried old tree and six pounds on my body

By Elaine T. Grossman, M.S., R.D., Dietician
Naval Hospital Twentynine Palms

Well, I told you to eat it all -- you did -- and now look at what happened to your body. First question to ask yourself is "Would I do it all over again like that next year?" If the answer is "Yes," then good for you and I am glad you enjoyed the holidays. If the answer is "No," then you might want to jot down those things you would like to change in the future.

I did promise you that fast weight on is fast weight off. However, I am not sure I told you that you have to become personally involved with the "fast weight off" process. Sorry for that little omission. If becoming a thinner person were simply to eat a small amount of fat, then there would be no overweight people around here. But reducing the fat or not overeating carbohydrates is not easy. Together with a low fat food plan, and a good exercise program, you need to also work on some habits to make the process of weight loss a long term change. Here are 24 ways to help promote a thinner, healthier body.

- Before you begin changing your diet, make a list of reasons why you want to eat healthier and lose weight. While you're changing your food choices, you can reread your reasons to help you maintain your desire to change.

- Keep a food diary to help you become more aware of why you overeat. Record the time and what was happening at the time. Were you watching another person eat or a TV show? Also record your feelings at the time. Were you bored, angry or sad? See if any patter of overeating emerges from the diary.

- Take a "before" picture and put it in a drawer. Then take a picture of your face and put it on a picture of a body that you can reasonably attain. Put the picture on the fridge. It helps to be thinner when you can picture yourself as a thinner person.

- Set reasonable goals for yourself.

Weight reduction should be slow. You've had all your life to form those bad habits, so don't expect to change them all overnight. If you slip and eat something that is not healthy, don't drown yourself in disappointment by beginning a real eating binge. The very next meal, just get back on your healthy food plan.

- Write out a shopping list before you go to the supermarket. Stick to the list and don't buy extra items.

- Do list a few of your favorite foods that are not very healthy but don't list too many of them. Almost all foods can be worked into a healthy food plan and nothing makes a food more tempting than to prohibit it altogether.

- Never go to the supermarket when you're hungry. You may be tempted to buy a lot of food you'll regret having bought when you get home.

- Don't watch TV or listen to the radio while you're eating. Without these distractions, you'll feel you're getting more out of each mouthful.

- Chew each mouthful of food 20 times before swallowing it. It will increase your concentration on what you are eating and stretch the time you spend eating.

- Buy yourself a present to reward yourself instead of going out to dinner as a reward. The present should have nothing to do with food, but should be something special that you would not normally buy for yourself.

- Brush your teeth right after you finish eating. Once you get rid of the taste of food, you won't think about it so much.

- Go out to a restaurant and watch other people eat. Compare how a thin person and a heavy person eat. Does the heavy person gobble down his or her food? Who looks better eating?

- At home, bring a mirror to your own table and watch yourself eat. Do you look like you're racing against time to finish your meal? Do you like the way you look as you eat?

- Restrict your eating to one place. Don't

Continued on page 7.

Fair Winds and Following Seas...



CDR. Susan Knutson, Head, Education and Training, receives a Navy Meritorious Service Medal from Captain C.S. Chitwood upon her transfer from Naval Hospital Twentynine Palms to Naval Hospital Bremerton.

Letters...

A message from the CO

Dear Patient:

We are concerned about the number of children who come to the hospital without a medical appointment. Sometimes a parent will bring their children to the hospital when either they, or other children have a medical appointment. As a parent, if you have a medical appointment, you will often be placed in a situation where it will be difficult to supervise your child. Similarly, if one child has an appointment, your attention should be focused on that child. You also need to focus on the instructions provided by your clinician. If your child is healthy, it is not in their interest that they be exposed to the illnesses within the hospital.

Depending on your physician, and the immediacy of the problem, you may be asked to reschedule your medical appointment during a time when you have arranged for child care.

We recognize that this may pose an inconvenience. You should be aware that the Assistant Secretary of the Navy is committed to supporting Drop-In Child Care services in Military Treatment Facilities. Until this service is made available, the Commanding General has increased the resources at the Child Development Program to care for children on an hourly basis. The child care site is located across from the commissary, just a mile away from the hospital. Please call them at 830-7541 if you need someone to care for your child.

C. S. Chitwood
Captain, Medical Service Corps
United States Navy
Commanding Officer

Thank you all

Dear General Palm,

I am writing this letter to you as a way of saying thank you to all of the people who were there for me on October 26, 1995.

First, let me explain, I am a civilian worker aboard the Combat Center and on October 26, this year at about 0800, I was on my way into my office at the Navy-Marine Corps Relief Society. As I was walking down the sidewalk in front of the Family Services Center, I caught the heel of my shoe on a crack in the sidewalk, subsequently falling down and

injuring my right shoulder. I fell quite hard and was somewhat disoriented.

It was due to the immediate attentions of your Assistant Family Services Officer, Mr. Bruce Barnes and my Executive Director, Mr. John P. Caynak, I believe kept me from and further injury. Mr. Barnes called 911 and immediate response took place, I must tell you that I have never been treated with such consideration and professionalism. The emergency team that responded to the call were in total control. I was transported to the Naval Hospital Emergency Room with no time wasted. The Emergency Room Team also responded immediately to the call and I was again treated with the utmost consideration and professionalism.

To these young men and women that took such good care of me that day, my family and I say "thank-you," they helped make a situation that was extremely embarrassing and painful into a experience that I will remember filled with kindness.

I am sure that you receive letters of complaint, so we wanted to make sure that you were aware of the extremely competent and caring individuals you have performing their everyday duties in an exemplary manner. To you and to them, my family and I are deeply indebted.

I have since returned to work and have asked for the names of the individuals that responded to my call on that day, I provide this list to you in hopes that you will pass onto the appropriate Commanders this letter and they, in turn, to the individuals involved.

From the Fire Department: Capt. Geissinger, Engineer Tyler, Fire Fighter Baumann, and Fire Fighter Moore. At the Naval Hospital Emergency Room: LCDR Wolf Montana, LCDR Sleichter, HN Pieper, HN Fisher and from the Radiology Department: HM3 Russell. Again, to these men and women I say, "you are truly appreciated and we thank-you."

Sincerely,
Jany K. Vallier and Family

Thanks to LT Luna

Dear Captain Chitwood,

On Saturday, November 11, 1995, Lieutenant Noel Luna so graciously gave of his time to be our guest speaker here at Desert Aire R.V. Resort.

Our Resort is a 55 plus community which consists of Americans and Canadians. It gives me great pleasure to convey

to you that his Veteran's Day presentation was both informative and enjoyed by all. Lieutenant Luna is to be commended for a job well done.

Sincerely,
Jo Humphrey
Desert Aire Activities Committee

Letter of Appreciation

Dear Captain Chitwood,

A few years ago Dr. John Sands, MD, took out my bladder because of a tumor. This was done at the Naval Hospital in San Diego, believe me that is no walk in the park.

Until the hospital at March Air Force Base closed I was getting my Ostomy supplies there. Doctor Sands gave me prescriptions for the Weters and Gonches and told me to try your facility.

I met a very helpful and courteous man in your Material Management (Medical Supply) his name is Anthony G. Benavente. I always found it is good to know your best people.

The wife and I wish you and your family a Merry Christmas. By the way the wife is a retired Marine Officer, knew her in college.

Respectfully,
F.W.H. Wilson
Col. Ret. USAF

It's a promotion!



LTJG Rodney Mann, of Naval Hospital Twentynine Palms Labor and Delivery Department, poses with his wife and daughters after his recent promotion ceremony to his current rank. Congratulations LTJG Mann.

Here's to your health

Continued from page 5.

take food into your bedroom or study. This will reduce the number of places you associate with food and eating.

- Never skip a meal. Besides, most people find that if they skip one meal, they just overeat at the next.

- Eat something hot before attending a social function that features food. Then you will be less tempted to eat something that is not healthy for your body.

- Get more involved in family projects or community activities. Many people eat simply out of boredom and will find that other activities are much more fulfilling.

- Take up a new hobby instead of eating. If you do sewing or woodcrafting, for instance, you'll find your hands will be busy and your mind occupied. You won't have time to think about eating.

- Don't attach your entire weight loss to specific date or event. Your goal should be long-term weight reduction and control, not losing 10 pounds to get into an Easter dress, but remember, even one pound less is better

Fees Increase

Continued from page 3.

TRICARE Extra.

Also effective Oct. 1, inpatient mental health care at civilian facilities carries a \$20-per-day cost-share for active duty family members under CHAMPUS/TRICARE Standard, TRICARE Extra, or TRICARE Prime. This rate applies to admissions to any hospital for mental health services, any residential treatment facility, any substance use disorder rehabilitation facility, and any partial hospitalization program providing mental health or substance use disorder rehabilitation services.

The daily inpatient mental health care rate for other (non-active duty family member) eligible patients is \$40 per day under TRICARE Prime. Under TRICARE Extra, the cost-share is 20 percent of institutional and professional charges. Under CHAMPUS/TRICARE Standard, the mental health care/substance use disorder treatment cost-share will be the lesser of a specific daily rate (\$137 in Fiscal Year 1996) or 25 percent of institutional and professional charges.

For more information contact the Health Benefits Advisor at 830-2572.

than four pounds gained.

- Avoid social functions that revolve around food if you feel you can't resist all the temptations. If you are going to the function for the food and not the people you will be with, then don't go.

- Trim recipes. Make only the amount you need for one meal or place leftovers in the refrigerator before you start to eat. This cuts out the second helpings and makes it easy to have lunch ready for the next day.

- If you serve food family style (passing bowls of food around the table), serve from the kitchen range instead. Thus the food will be out of your sight and everyone else can help themselves just the same.

- Always keep food out of sight. "Out of sight, out of mind" means you may not even think about food if you're not constantly looking at it.

- Take a walk or do some kind of exercise instead of eating, or if you are going to eat, do so after the exercise... it will give you time to decide if you really are hungry. Exercise also has the added advantage of burning calories. It also makes you feel good about yourself, something overeating never does. In fact, you can start with that old dried up Christmas tree -- remember, taking it down and putting everything away is not a chore, it is an adjunct to your exercise program.

Examiner Want Ads

House For Sale: Yucca Valley. 1,634 Square Feet, open floor plan, wood stove in living room. Central Air/Heat plus swamp cooler. Large 3 bedrooms, 1-3/4 baths, large fenced corner lot. Two car garage. Friendly Hills School District. Assumable Cal Vet Loan. Contact Joy Heasley in the TRICARE Office at 830-7561 DWH or 365-3545 AWH.

For Sale: IKEA Entertainment Center, solid pine, fits 27" TV, VCR, stereo, and books. Great Condition! \$200. Call 368-0185.

For Rent: 2 BR/2 Bath, Fenced yard, washer/dryer, D/W, Stove, Refrig., Trash/Water paid. Excellent condition. \$425 month plus security deposit. Call 367-1459
1991 Yamaha VMAX 1200cc, 26,000 miles, \$4,000 OBO. Call Steve at 367-9263.
1984 Mustang Convertible. 5.0 GTO High Performance (needs cosmetic attention) \$3,400. Black with black top.

This machine is seen in the hospital parking lot. Call Ruth at ext. 7544 or AWH at 369-1606.

For Sale: One owner home, 7 years old in Joshua Tree. 2 bedroom, 1 bath 920 square feet. Fenced back yard, swamp cooling, 2 car garage with spare bedroom/office. Assumable VA loan. \$59,000 or \$5,000 down and assume loan. Contact HM1 Deluna at ext. 2526 or home at 366-8192.

For Sale: 386 SX-16 Desk Top Computer system. Price negotiable. Call 830-2250.

Write up what you want listed in your ad (please keep it as brief as possible to allow participation by others, space is limited). Ads cannot be business related. For more information on how to get your ad listed here, call the Public Affairs Office at x2362.

A whole bunch of new LTJGs



At a recently ceremony at the Quarterdeck of the Naval Hospital, a bunch of Ensigns were permitted to put on the shoulder boards of LTJG.

Naval Hospital Twentynine Palms Hard Chargers



Contratulations to the graduating class of the latest Petty Officers Indoctrination Course, and to the hospital's new Third Class Petty Officers.



HMCS Teodoro R. Gogo receives a Navy Commendation Medal (Gold Star in lieu of Second Award from Captain C.S. Chitwood, Commanding Officer, Naval Hospital Twentynine Palms.



HM3 Maurice Sargent receives the Navy Achievement Medal from Captain C.S. Chitwood.



HM1 Eric Ewing receives another Gold Star in Lieu of a third Navy Achievement Medal from Captain C.S. Chitwood.



HM1 Manuel Barcelona, Senior Enlisted Advisor in the Directorate for Nursing Services receives recognition from Captain C.S. Chitwood for his hard work.



HN Oscar Luna receives a Certificate of Commendation.



LT Philip J. Blaine gets a Navy Achievement Medal pinned to his chest.



SK1 Ulysses C. Imperial receives a Gold Star in Lieu of his third Navy Achievement Medal.



LT Janet Davis receives a Letter of Commendation from the Chief of Naval Education and Training.



Mike Rowland receives a 20 year Award of Service to the Federal Government.